

Getting Pregnant After Miscarriage - Why You Should Wait Before Trying Again

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Fertility and Getting Pregnant After Miscarriage

Your fertility and getting pregnant after a miscarriage does not necessarily change for the worst. Most women who have miscarried still go on to have successful pregnancies later on. Even [women who have had recurrent miscarriages still have a 75 % chance of having a successful pregnancy.](#)

However, most medical experts advise you wait a few months before getting pregnant after miscarriage. Even professional marriage counselors agree with this. You and your partner need the time to recover emotionally and physically from the loss of a baby.

You may have to put off sexual intercourse for a while after a miscarriage so you will not feel you are trying to conceive too soon. To make sure your body has recovered from the loss and that you have come to terms with it, you may have to wait until after at least 3 normal periods before trying again. However, it really depends on how far along the pregnancy you were when you had the miscarriage. You may need more than 3 months when you had a late miscarriage. It is best for you and your partner to see a counselor, especially when you had a miscarriage late in the pregnancy.

Since 2005, the World Health Organization (WHO) has advised women should wait at least 6 months before getting pregnant after miscarriage.

Dr. John Sussman, co-author of *Trying Again: A Guide to Pregnancy After Miscarriage, Stillbirth and Infant Loss* (Taylor Publications), says the length of time women should wait before attempting to conceive depends on the nature of the miscarriage. He says women need at least 2 to 3 months before trying again so optimum physical condition is ensured and that it may take longer than that if it is a full-term loss. Dr. Sussman is the Chairman of the Department of Obstetrics and Gynecology at New Milford Hospital in New Milford, Connecticut as well as Assistant Clinical Professor at the University of Connecticut School of Medicine. He further adds women should wait until periods have resumed, blood count has normalized and the doctor has given the Go signal before trying again.

If you have had an ectopic pregnancy, Dr. Sussman says you should monitor your next pregnancy very closely. It is better to seek help from a caregiver to make sure as early as possible that the fertilized egg implants in the womb and not in the fallopian tubes. He adds that generally there are no major physical problems when getting pregnant after miscarriage.

Women tend to blame themselves for the loss of their baby. You are not responsible for the miscarriage. Once the fetus starts to miscarry, no one can really do anything to stop it. Miscarriages occur because of chromosomal abnormalities in the fetus which have been there since the time of conception or due to

hormonal imbalances or other factors. You had nothing to do with the chromosomal abnormality in your baby.

To maximize your chances of getting pregnant after miscarriage and carrying a successful pregnancy to completion, you should be of the best health possible before attempting to conceive again. Start eating healthy meals 3 times a day straightaway. When you are fit, your body is able to make a healthy uterine lining ready to support a fertilized egg. Engage in regular exercise. You may want to try certain exercises that target the muscles in the womb. Give up bad habits such as smoking and drinking. Consult with your naturopath to know which fertility supplement is best for you, preferably a fertility supplement with at least 0.4 mg of Folic acid.

Fertility after miscarriage is usually unchanged. Are you ready for getting pregnant after miscarriage? It may take from months to years for some women but at the end of the day only you can say if you are ready to conceive again.

Source:

1. <http://pregnancyandbaby.sheknows.com/pregnancy/baby/Conception-after-loss--When-should-you-try-to-get-pregnant-again-1661.htm>
2. <http://www.babycenter.com.ph/preconception/activelytrying/getpregnantaftermiscarriageexpert/>
3. <http://www.abs-cbnnews.com/lifestyle/08/09/10/dont-delay-pregnancy-after-miscarriage-study>